



Recycle After June

Herndon

PROGRAMS AND EVENTS GUIDE

COUNT ON US! Our Guide Has Programs For Every Age And Every Interest.

Spring 2015



Registration Starts For
Town Resident Wednesday, February 11
Non-Town Resident Tuesday, February 17
703-787-7300

herndon-va.gov

HOURS & FEES



Hours & Contact Information

Herndon Community Center Hours

Daylight Savings Time Begins March 8

Monday-Friday6am-9:30pm

Saturday & Sunday7am-6pm

No admittance after 9:30pm

The building closes at 10pm

Holiday Hours

Easter Sunday,

April 57am-4pm

Memorial Day Weekend,

May 23-24Regular Hours

Memorial Day,

May 258am-8pm

Parks & Recreation Office Hours

Monday-Friday8:30am-5:30pm

Office Closed - May 25

Address

Herndon Community Center

814 Ferndale Avenue, Herndon, VA 20170

Phone

703-787-7300 Fax 703-318-8652

Hearing Impaired Relay

1-800-828-1120 TDD

Website

herndon-va.gov

Follow Us



• Herndon Parks and Recreation Department



• Herndon Community Center



• @herndonparks

• Herndon Parks and Recreation Department

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Admissions and Passes

TOH = Town of Herndon resident rate requires ID with address for every transaction

NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults	\$6.50/\$7.50
Seniors	\$5.25/\$6.25
Youth	\$5.25/\$5.50
Family	\$18/\$22.50
(Up to 5 family members, 2 adults maximum)	

10-Admission Pass	TOH/NR
Adults	\$58/\$69
Youth/Senior	\$46/\$52

25-Admission Pass	TOH/NR
Adults	\$130/\$160
Seniors	\$98.50/\$140.50
Youth	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult	\$52.50/\$70.25
Adult 2-Person*	\$82/\$109.25
Youth Single	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person*	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr	\$70/\$100
Dependent Youth**	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult	\$261.75/\$349
Adult 2-Person*	\$411/\$548
Youth Single	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person*	\$338/\$481.50
Senior 2-Person* Sr/Non Sr	\$350.25/\$500.50
Dependent Youth**	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult	\$470.25/\$627
Adult 2-Person*	\$739/\$985.25
Youth Single	\$329.25/\$551.75
Senior Single	\$329.25/\$551.75
Senior 2-Person*	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr	\$630/\$900
Dependent Youth**	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Community Center Information

Discount Pass and Daily Admission Fee

The discount pass and daily admission fee for the facility includes:

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to any regularly scheduled land aerobics class (see class schedule on page 13)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

All daily admissions and passes are nonrefundable.

Age Categories:

Youth	17 & under
Adult	18 & older
Seniors	65 & older
Children	Admitted free
under age 2	with a paying adult

Pool Use:

Children	must be accompanied
8 & under	by an adult

Gymnasium Use:

Youth	must be 12 & older
Youth Open Gym	weekends only
	age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Youth Fitness ID	age 12-15 must earn YFP
	age 12 & 13 must be accompanied by an adult

Locker Room Use:

Children	permitted in locker room
5 & under	of opposite sex
Family Locker Rooms	for parents with children over the age of 5, located in guard office



Special Admissions

\$5 Fridays, 12-9:30pm all ages
\$2 Tuesdays, Seniors 65+ all day



A Nationally Accredited Agency Since 2006

"Herndon is Meeting and Exceeding National Standards in P & R Administration"



GENERAL INFORMATION

Racquetball, Badminton, Table Tennis & Wallyball

Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time

\$4 per hour + racquetball and badminton admission fee per player.
\$3.50 per session wallyball.

Non-Prime Time

\$2 per hour + racquetball and badminton admission fee per player.
\$2 per session wallyball.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, February 11.

- Registration for all non-Town of Herndon residents will open at 10am on Tuesday, February 17.

Starting on these dates, you will be able to register online, or in person **ONLY** for the Spring 2015 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

Table of Contents

Aquatics	4-10
Arts & Crafts	28
Dance	20-21
Fitness Room Services	14-16
General Information	2-3
Group Exercise	12-13
Gymnastics	19
Kid Care	12
Martial Arts	18
Open Gym	14
Parks	17 & 29
Registration Information	30-31
Special Events	22-23
Special Interest	27-28
Sports	26
Spring Break Camps	25-26
Staff Directory	17
Tennis	
Indoor.....	17
Outdoor.....	24
Wellness	11

Department Sponsors

Thank you to the following companies for supporting our department programs and events.

A special thanks to:

Silver: Passanante's Home Food Services

Bronze: Gutter Helmet Systems

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

Outdoor Weather Policy

Decision on outdoor programs/ classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for make-ups by the program supervisor.
Call **703-435-6866**.

Celebrate Service
National Volunteer Week
April 12-18, 2015

Thanks to each and every volunteer who has helped make this year special for someone else with the Herndon Parks and Recreation Department.

Spotlight On An Amazing Volunteer

As a part of National Volunteer Week, April 12-18, 2015, we are recognizing, encouraging, and inspiring people to seek out imaginative ways to engage in their communities. Mark Renne has embedded himself and his family in the town through many years of volunteering with different organizations. Read on to learn what motivates him to teach discipline and respect to the youth in our community.



How long have you been volunteering?

I am a longtime volunteer with the Boy Scouts, having been a uniformed leader since 1992. I started volunteering as a Tae Kwon Do assistant instructor in 1998. In 2000, I became the head instructor for the Intro to Tae Kwon Do. Now I am a fourth-degree (dan) black belt (master instructor) practicing with HK Lee's Academy of Tae Kwon Do.

When did you become interested in martial arts?

In 1993, my oldest son started taking an Introduction to Tae Kwon Do at the Herndon Community Center and the instructor motivated me to give it a try. Tae Kwon Do has helped me in so many ways, most of all, it helped me increase my flexibility and reduce running injuries.

What do you enjoy most about volunteering?

Introducing children to an activity for which I have a lifelong passion.

What would you say to someone who is considering getting started in the martial arts?

Try it! Many schools offer trial lessons. Everyone is welcome to drop-in to preview my class at the Herndon Community Center or even better, sign up. I teach on Wednesday from 6-7pm (during the Winter, Spring and Fall sessions). The class is open to boys and girls ages 7-14.

Tell us about a time or an event, which made you proud to be a volunteer.

One specific moment has stuck with me. I was volunteering in a local elementary school. A young female student of mine stopped when she saw me in the hallway and bowed. The essence of martial arts is to grow confidence and show respect at the same time. I enjoy seeing children grow respect for both themselves and others. I have seen prior Community Center students go on to earn their black belts, demonstrating poise and confidence while teaching others. One former student became a Marine and said the skills he learned in Tae Kwon Do helped him as a Marine.

AQUATICS



Class Information

Aquatics Classes Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

"Design a Class!"

Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time during week-day afternoons from 12-3pm? Then it's time to "Design a Class!" Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at 703-435-6800 x2128.

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons on Saturdays and Sundays until noon.

We recommend no food to be eaten 1 hour or less before participation in any swimming class.

Free Swim Evaluations

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

A detailed listing of swimming class requirements may be found at Herndon-va.gov/Content/Parks_rec/Aquatics. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Swim evaluations are available at no charge if you are unsure of which class is appropriate for your child.

Aquatics classes will not be held March 30-April 5 and May 23-25.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6 months-2 years
Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

6, 25 minute sessions TOH \$51/NR \$63
March 7-April 18 (No class 4/4)
401100.60 Sa 9:30-9:55am
March 9-April 20 (No class 3/30)
401100.10 M 10:30-10:55am
March 11-April 22 (No class 4/1)
401100.30 W 10:30-10:55am
April 27-June 8 (No class 5/25)
401100.11 M 10:30-10:55am
May 2-June 13 (No class 5/23)
401100.61 Sa 9:30-9:55am

7, 25 minute sessions TOH \$59/NR \$73
April 29-June 10
401100.31 W 10:30-10:55am

Toddler and Me Age 18 months-3 years
Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*
6, 25 minute sessions TOH \$51/NR \$63
March 7-April 18 (No class 4/4)
401200.60 Sa 10-10:25am
401200.61 Sa 10:30-10:55am
March 9-April 20 (No class 3/30)
401200.10 M 10-10:25am
March 11-April 22 (No class 4/1)
401200.30 W 10-10:25am
April 27-June 8 (No class 5/25)
401200.11 M 10-10:25am
May 2-June 13 (No class 5/23)
401200.62 Sa 10-10:25am
401200.63 Sa 10:30-10:55am

7, 25 minute sessions TOH \$59/NR \$73
April 29-June 10
401200.31 W 10-10:25am

Preschooler and Me Age 3-5
Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent
6, 25 minute sessions TOH \$51/NR \$63
March 7-April 18 (No class 4/4)
401300.60 Sa 9-9:25am
May 2-June 13 (No class 5/23)
401300.61 Sa 9-9:25am





AQUATICS

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

Child's first water experience without parent

6, 25 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

402100.60	Sa	8:30-8:55am
402100.61	Sa	9:30-9:55am
402100.62	Sa	11:30-11:55am

March 9-April 20 (No class 3/30)

402100.10	M	9:30-9:55am
402100.13	M	3-3:25pm

March 9-25

402100.11	M/W	6:30-6:55pm
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March 10-April 21 (No class 3/31)

402100.20	Tu	10:30-10:55am
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March 10-26

402100.21	Tu/Th	7-7:25pm
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March 11-April 22 (No class 4/1)

402100.30	W	9:30-9:55am
402100.31	W	1-1:25pm

March 12-April 23 (No class 4/2)

402100.40	Th	10:30-10:55am
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April 27-June 8 (No class 5/25)

402100.14	M	9:30-9:55am
402100.16	M	3-3:25pm

May 2-June 13 (No class 5/23)

402100.63	Sa	8:30-8:55am
402100.64	Sa	9:30-9:55am
402100.65	Sa	11:30-11:55am

7, 25 minute sessions TOH \$59/NR \$73

April 28-June 9

402100.23	Tu	10:30-10:55am
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April 29-June 10

402100.32	W	9:30-9:55am
402100.33	W	1-1:25pm

April 30-June 11

402100.41	Th	10:30-10:55am
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8, 25 minute sessions TOH \$67/NR \$83

April 13-May 6

402100.12	M/W	6:30-6:55pm
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April 14-May 7

402100.22	Tu/Th	7-7:25pm
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May 11-June 8 (No class 5/25)

402100.15	M/W	6:30-6:55pm
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May 12-June 4

402100.24	Tu/Th	7-7:25pm
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10, 25 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

402100.70	Su	10-10:25am
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Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience required*

6, 25 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

402200.60	Sa	9-9:25am
402200.61	Sa	10-10:25am

March 9-April 20 (No class 3/30)

402200.10	M	9-9:25am
402200.15	M	3:30-3:55pm

March 9-25

402200.11	M/W	7-7:25pm
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March 10-April 21 (No class 3/31)

402200.20	Tu	10-10:25am
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March 10-26

402200.21	Tu/Th	6:30-6:55pm
402200.25	Tu/Th	7:30-7:55pm

March 11-April 22 (No class 4/1)

402200.30	W	9-9:25am
402200.31	W	1:30-1:55pm

March 12-April 23 (No class 4/2)

402200.40	Th	10-10:25am
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April 27-June 8 (No class 5/25)

402200.13	M	9-9:25am
402200.16	M	3:30-3:55pm

May 2-June 13 (No class 5/23)

402200.62	Sa	9-9:25am
402200.63	Sa	10-10:25am

7, 25 minute sessions TOH \$59/NR \$73

April 28-June 9

402200.23	Tu	10-10:25am
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April 29-June 10

402200.32	W	9-9:25am
402200.33	W	1:30-1:55pm

April 30-June 11

402200.41	Th	10-10:25am
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8, 25 minute sessions TOH \$67/NR \$83

April 13-May 6

402200.12	M/W	7-7:25pm
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April 14-May 7

402200.22	Tu/Th	6:30-6:55pm
402200.26	Tu/Th	7:30-7:55pm

May 11-June 8 (No class 5/25)

402200.14	M/W	7-7:25pm
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May 12-June 4

402200.24	Tu/Th	6:30-6:55pm
402200.27	Tu/Th	7:30-7:55pm

10, 25 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

402200.70	Su	10:30-10:55am
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Aquatic Special Events

Aqua Egg Hunt

Join us for our Fifth Annual Aqua Egg Hunt! Children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize! Please be aware of the group selected when registering, and arrive early to sign in and receive your egg collecting bag. After the hunt, families may stay for open swim, which will begin approximately at 4pm. Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years and under must be accompanied by a parent in the water. Each group is limited to 30 children. Online registration is available until 8am on March 28. After that time, all registrations must be completed at the front desk. \$10 includes one parent and one child.

March 28

Age 6 and under

409210.60	Sa 1:30-1:40pm
409210.61	Sa 1:50-2pm
409210.62	Sa 2:10-2:20pm

Age 7-8

409210.63	Sa 2:30-2:40pm
409210.64	Sa 2:50-3pm

Age 9-10

409210.65	Sa 3:10-3:20pm
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Age 11-12

409210.66	Sa 3:30-3:40pm
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Age 13-16

409210.67	Sa 3:50-4pm
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3 on 3 Water Basketball Tournament

Are you interested in basketball, aquatics, or both?

Do you want to combine the excitement of the court with the fun of the pool?

Form a team with your friends. Registration forms available at the HCC front desk.

Single elimination and fee is \$26 per team.

There will be a limited open swim area during the tournament.

Saturday, April 11, 1-6pm.

AQUATICS



Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

402300.60 Sa 10:30-10:55am

March 9-April 20 (No class 3/30)

402300.10 M 11-11:25am

402300.15 M 3-3:25pm

March 9-25

402300.11 M/W 5-5:25pm

March 10-April 21 (No class 3/31)

402300.20 Tu 9:30-9:55am

March 10-26

402300.21 Tu/Th 5:30-5:55pm

March 11-April 22 (No class 4/1)

402300.30 W 11-11:25am

402300.31 W 2-2:25pm

March 12-April 23 (No class 4/2)

402300.40 Th 9:30-9:55am

April 27-June 8 (No class 5/25)

402300.13 M 11-11:25am

402300.16 M 3-3:25pm

May 2-June 13 (No class 5/23)

402300.61 Sa 10:30-10:55am

7, 25 minute sessions TOH \$59/NR \$73

April 28-June 9

402300.23 Tu 9:30-9:55am

April 29-June 10

402300.32 W 11-11:25am

402300.33 W 2-2:25pm

April 30-June 11

402300.41 Th 9:30-9:55am

8, 25 minute sessions TOH \$67/NR \$83

April 13-May 6

402300.12 M/W 5-5:25pm

April 14-May 7

402300.22 Tu/Th 5:30-5:55pm

May 11-June 8 (No class 5/25)

402300.14 M/W 5-5:25pm

May 12-June 4

402300.24 Tu/Th 5:30-5:55pm

10, 25 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

402300.70 Su 11-11:25am

Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

402400.60 Sa 11-11:25am

March 9-April 20 (No class 3/30)

402400.10 M 3:30-3:55pm

March 9-25

402400.11 M/W 5:30-5:55pm

March 10-April 21 (No class 3/31)

402400.20 Tu 9-9:25am

March 10-26

402400.21 Tu/Th 6-6:25pm

March 11-April 22 (No class 4/1)

402400.31 W 2:30-2:55pm

March 12-April 23 (No class 4/2)

402400.40 Th 9-9:25am

April 27-June 8 (No class 5/25)

402400.13 M 3:30-3:55pm

May 2-June 13 (No class 5/23)

402400.61 Sa 11-11:25am

7, 25 minute sessions TOH \$59/NR \$73

April 28-June 9

402400.23 Tu 9-9:25am

April 29-June 10

402400.33 W 2:30-2:55pm

April 30-June 11

402400.41 Th 9-9:25am

8, 25 minute sessions TOH \$67/NR \$83

April 13-May 6

402400.12 M/W 5:30-5:55pm

April 14-May 7

402400.22 Tu/Th 6-6:25pm

May 11-June 8 (No class 5/25)

402400.14 M/W 5:30-5:55pm

May 12-June 4

402400.24 Tu/Th 6-6:25pm

10, 25 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

402400.70 Su 9:30-9:55am

Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute sessions TOH \$51/NR \$63

March 9-25

402500.11 M/W 6-6:25pm

March 10-April 21 (No class 3/31)

402500.20 Tu 11-11:25am

March 10-26

402500.21 Tu/Th 5-5:25pm

March 12-April 23 (No class 4/2)

402500.40 Th 11-11:25am

7, 25 minute sessions TOH \$59/NR \$73

April 28-June 9

402500.23 Tu 11-11:25am

April 30-June 11

402500.41 Th 11-11:25am

8, 25 minute sessions TOH \$67/NR \$83

April 13-May 6

402500.12 M/W 6-6:25pm

April 14-May 7

402500.22 Tu/Th 5-5:25pm

May 11-June 8 (No class 5/25)

402500.13 M/W 6-6:25pm

May 12-June 4

402500.24 Tu/Th 5-5:25pm

10, 25 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

402500.70 Su 11:30-11:55am

National Aquatics Month
May is National Aquatics Month.
Follow our Facebook page for
special announcements all month.

Wacky Wednesday

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

Noon-3pm | \$5 parent/child | \$2 each additional child



AQUATICS

Jump Starter Swimming Lessons ^{NEW}

Need an extra lesson to boost your child's swimming skills? Try our Jump Starter Swimming Lessons! These single session classes are designed to help your swimmer get extra attention on his or her swimming skills, working with our experienced swimming staff. Feel free to stay after class and enjoy our Float Night event after each session.

1, 30 minute session TOH \$10/NR \$10

Age 3-6

March 20

409910.50 F 5-5:30pm

April 17

409910.51 F 5-5:30pm

May 15

409910.52 F 5-5:30pm

Age 6-12

March 20

409910.53 F 5:30-6pm

April 17

409910.54 F 5:30-6pm

May 15

409910.55 F 5:30-6pm

Swim 1 Age 6-12

This course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

6, 30 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

403110.60 Sa 11-11:30am

March 9-25

403110.11 M/W 6-6:30pm

March 9-April 20 (No class 3/30)

403110.14 M 4-4:30pm

March 10-26

403110.21 Tu/Th 5-5:30pm

April 27-June 8 (No class 5/25)

403110.15 M 4-4:30pm

May 2-June 13 (No class 5/23)

403110.61 Sa 11-11:30am

8, 30 minute sessions TOH \$67/NR \$83

April 13-May 6

403110.12 M/W 6-6:30pm

April 14-May 7

403110.22 Tu/Th 5-5:30pm

May 11-June 8 (No class 5/25)

403110.13 M/W 6-6:30pm

May 12-June 4

403110.23 Tu/Th 5-5:30pm

10, 30 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

403110.70 Su 11:30am-12pm

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

6, 30 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

403210.60 Sa 10:30-11am

March 9-25

403210.11 M/W 6:30-7pm

March 9-April 20 (No class 3/30)

403210.14 M 4:30-5pm

March 10-26

403210.21 Tu/Th 5:30-6pm

April 27-June 8 (No class 5/25)

403210.15 M 4:30-5pm

May 2-June 13 (No class 5/23)

403210.61 Sa 10:30-11am

8, 30 minute sessions TOH \$67/NR \$83

April 13-May 6

403210.12 M/W 6:30-7pm

April 14-May 7

403210.22 Tu/Th 5:30-6pm

May 11-June 8 (No class 5/25)

403210.13 M/W 6:30-7pm

May 12-June 4

403210.23 Tu/Th 5:30-6pm

10, 30 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

403210.70 Su 11-11:30am

Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

403310.60 Sa 10-10:30am

March 9-25

403310.11 M/W 5:30-6pm

March 9-April 20 (No class 3/30)

403310.13 M 4-4:30pm

March 10-26

403310.21 Tu/Th 6:30-7pm

April 27-June 8 (No class 5/25)

403310.15 M 4-4:30pm

May 2-June 13 (No class 5/23)

403310.61 Sa 10-10:30am

8, 30 minute sessions TOH \$67/NR \$83

April 13-May 6

403310.12 M/W 5:30-6pm

April 14-May 7

403310.22 Tu/Th 6:30-7pm

May 11-June 8 (No class 5/25)

403310.14 M/W 5:30-6pm

May 12-June 4

403310.23 Tu/Th 6:30-7pm

10, 30 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

403310.70 Su 10:30-11am

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, and breaststroke. Diving skills are also introduced.

6, 30 minute sessions TOH \$51/NR \$63

March 7-April 18 (No class 4/4)

403410.60 Sa 9:30-10am

March 9-25

403410.11 M/W 5-5:30pm

March 9-April 20 (No class 3/30)

403410.13 M 4:30-5pm

March 10-26

403410.21 Tu/Th 6-6:30pm

April 27-June 8 (No class 5/25)

403410.15 M 4:30-5pm

May 2-June 13 (No class 5/23)

403410.61 Sa 9:30-10am

Float Night

The new float the "VIKING SHIP" will be in the pool the third Friday of each month from 6:30pm until closing. Play on the new float and bring your own floats and toys and have fun with the entire family.



AQUATICS



Swim 4 *continued*

8, 30 minute sessions TOH \$67/NR \$83

April 13-May 6

403410.12 M/W 5-5:30pm

April 14-May 7

403410.22 Tu/Th 6-6:30pm

May 11-June 8 (No class 5/25)

403410.14 M/W 5-5:30pm

May 12-June 4

403410.23 Tu/Th 6-6:30pm

10, 30 minute sessions TOH \$83/NR \$103

March 8-May 17 (No class 4/5)

403410.70 Su 10-10:30am

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

6, 45 minute sessions TOH \$75/NR \$93

March 7-April 18 (No class 4/4)

403510.60 Sa 8:45-9:30am

May 2-June 13 (No class 5/23)

403510.61 Sa 8:45-9:30am

Adapted Aquatics Beginner Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed, and training will be provided before the first day of class. Great community service project for high school students! Parents may have to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

March 13-April 24 (No class 4/3)

403810.50 F 4-4:30pm

403810.51 F 4:30-5pm

7, 30 minute sessions TOH \$59/NR \$73

May 1-June 12

403810.52 F 4-4:30pm

403810.53 F 4:30-5pm

Swim Evaluation Open Session ~ Free ~

Need a swim evaluation for summer classes?
We are offering free swim evaluations on
Saturday, April 25, 12-1pm.
No appointment or pre-registration required.

Adapted Aquatics Advanced

Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes. Volunteers are needed, and training will be provided before the first day of class. Great community service project for high school students! Parents may have to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

March 13-April 24 (No class 4/3)

403910.50 F 5-5:30pm

7, 30 minute sessions TOH \$59/NR \$73

May 1-June 12

403910.51 F 5-5:30pm

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Age 8 & under must swim 25 yards front crawl without stopping. Age 9-12 must swim 50 yards front crawl without stopping. Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping. Swimmers in the Fall, Winter and Spring sessions will get the opportunity to participate in a meet sometime during the season.

10, 45 minute sessions TOH \$113/NR \$143

Age 5-8

March 7-May 16 (No class 4/4)

404110.60 Sa 11-11:45am

March 8-May 17 (No class 4/5)

404110.70 Su 11:30am-12:15pm

404110.71 Su 3-3:45pm

404110.72 Su 4:30-5:15pm

Age 9-12

March 7-May 16 (No class 4/4)

404110.61 Sa 11:45am-12:30pm

March 8-May 17 (No class 4/5)

404110.73 Su 10:45-11:30am

404110.74 Su 3:45-4:30pm

404110.75 Su 5:15-6pm

March 9-May 18 (No class 3/30)

404110.11 M 2:45-3:30pm

Age 12-15

March 8-May 17 (No class 4/5)

404110.76 Su 10-10:45am

Teen Beginner Age 13-18

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions TOH \$75/NR \$93

March 7-April 18 (No class 4/4)

406520.60 Sa 12-12:45pm

May 2-June 13 (No class 5/23)

406520.61 Sa 12-12:45pm

High School Prep Workout

Age 13-18

This class is geared to helping high school swimmers prepare for the summer and high school swimming seasons. Focus will be on technique and endurance for the competitive strokes and will include work on starts and turns.

10, 1 hour sessions TOH \$133/NR \$163

March 9-May 18 (No class 3/30)

404110.12 M 3:30-4:30pm

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- Be comfortable in deep water
- Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required



AQUATICS

Introduction to Diving Age 5-12

This class teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

6, 30 minute sessions TOH \$51/NR \$63
March 10-April 21 (No class 3/31)
 404510.20 Tu 5:15-5:45pm

7, 30 minute sessions TOH \$59/NR \$73
April 28-June 9
 404510.21 Tu 5:15-5:45pm

10, 30 minute sessions TOH \$83/NR \$103
March 13-May 22 (No class 4/3)
 404510.50 F 5-5:30pm

Diving 1 Age 7-14

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

6, 45 minute sessions TOH \$75/NR \$93
March 10-April 21 (No class 3/31)
 404610.20 Tu 5:45-6:30pm

7, 45 minute sessions TOH \$87/NR \$108
April 28-June 9
 404610.21 Tu 5:45-6:30pm

10, 45 minute sessions TOH \$123/NR \$153
March 13-May 22 (No class 4/3)
 404610.50 F 5:30-6:15pm

Diving 2/3 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 1 hour sessions TOH \$99/NR \$123
March 10-April 21 (No class 3/31)
 404710.20 Tu 7:30-8:30pm

7, 1 hour sessions TOH \$115/NR \$143
April 28-June 9
 404710.21 Tu 7:30-8:30pm

10, 1 hour sessions TOH \$163/NR \$203
March 13-May 22 (No class 4/3)
 404710.50 F 6:15-7:15pm

High School Prep Diving Age 13-18

This intensive diving class will help students to get ready now for next year's high school diving season.

10, 1 hour sessions TOH \$163/NR \$203
March 13-May 22 (No class 4/3)
 404710.51 F 7:15-8:15pm

Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions TOH \$75/NR \$93
March 7-April 18 (No class 4/4)
 406130.60 Sa 10:30-11:15am
 406130.62 Sa 12-12:45pm

March 9-April 20 (No class 3/30)
 406130.10 M 10:15-11am
April 27-June 8 (No class 5/25)
 406130.11 M 10:15-11am

May 2-June 13 (No class 5/23)
 406130.61 Sa 10:30-11:15am
 406130.64 Sa 12-12:45pm

10, 45 minute sessions TOH \$123/NR \$153
March 8-May 17 (No class 4/5)
 406130.70 Su 11:15am-12pm
 406130.71 Su 12-12:45pm

Adult Advanced Beginner

Age 16 & up
 This class is for students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included.

6, 45 minute sessions TOH \$75/NR \$93
March 7-April 18 (No class 4/4)
 406230.60 Sa 11:15am-12pm
 406230.62 Sa 12-12:45pm

May 2-June 13 (No class 5/23)
 406230.61 Sa 11:15am-12pm
 406230.63 Sa 12-12:45pm

10, 45 minute sessions TOH \$123/NR \$153
March 8-May 17 (No class 4/5)
 406230.70 Su 10:30-11:15am

Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly will be introduced.

6, 45 minute sessions TOH \$75/NR \$93
March 7-April 18 (No class 4/4)
 406330.60 Sa 12:45-1:30pm

March 9-April 20 (No class 3/30)
 406330.10 M 9:30-10:15am
April 27-June 8 (No class 5/25)
 406330.11 M 9:30-10:15am

May 2-June 13 (No class 5/23)
 406330.61 Sa 12:45-1:30pm

Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice).

51, 1 hour sessions TOH \$204/NR \$255
March 9-June 11 (No class 3/30-4/2, 5/25)
 406630.10 M-Th 8:30-9:30pm

Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

13, 1 hour sessions TOH \$110/NR \$136
March 13-June 12 (No class 4/3)
 408230.50 F 8-9am

Dive-In Movie

Bring your favorite floats and lounge in the pool while you watch

BIG HERO 6

An event for the entire family.

Friday, April 24 at 7pm.
General admission fee.

AQUATICS



Therapeutic Water Workout

Age 16 & up

This is a low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled water shoes are recommended.

26, 1 hour sessions TOH \$214/NR \$266
March 10-June 11 (No class 3/31, 4/2)
 408330.20 Tu/Th 10-11am

Senior Water Aerobics

Age 50 & up
 This class is an exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

13, 1 hour sessions TOH \$110/NR \$136
March 13-June 12 (No class 4/3)
 408440.50 F 9-10am

25, 1 hour sessions TOH \$206/NR \$256
March 9-June 10 (No class 3/30, 4/1, 5/25)
 408440.10 M/W 9-10am

Water Aerobics

Age 16 & up
 This is the total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled water shoes are strongly recommended.

26, 1 hour sessions TOH \$214/NR \$266
March 10-June 11 (No class 3/31, 4/2)
 408530.20 Tu/Th 9:30-10:30am

Water Walking

Age 16 & up
 Jumpstart your fitness with water walking! Water walking is a low-impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-foot area.

25, 1 hour sessions TOH \$206/NR \$256
March 9-June 10 (No class 3/30, 4/1, 5/25)
 408630.10 M/W 8-9am

Deep Water 1

Age 16 & up
 A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

13, 1 hour sessions TOH \$110/NR \$136
March 7-June 13 (No class 4/4, 5/23)
 408730.60 Sa 8-9am

25, 1 hour sessions TOH \$206/NR \$256
March 9-June 10 (No class 3/30, 4/1, 5/25)
 408730.10 M/W 6:30-7:30pm

26, 1 hour sessions TOH \$214/NR \$266
March 10-June 11 (No class 3/31, 4/2)
 408730.20 Tu/Th 8:30-9:30am

Deep Water 2

Age 16 & up
 This is the ultimate cardio challenge in deep water! This is a fast-paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

13, 1 hour sessions TOH \$110/NR \$136
March 11-June 10 (No class 4/1)
 408830.30 W 7:30-8:30am

25, 1 hour sessions TOH \$206/NR \$256
March 9-June 10 (No class 3/30, 4/1, 5/25)
 408830.10 M/W 7:30-8:30pm

26, 1 hour sessions TOH \$214/NR \$266
March 10-June 11 (No class 3/31, 4/2)
 408830.20 Tu/Th 7:30-8:30am
 408830.21 Tu/Th 6:30-7:30pm

Water Safety Instructor

Age 16 & up
 This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety pre-course test. Students must pick up their materials, and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of pre-course skills, please call Kerstin T. Severin at 703-435-6800 x2128.

1, 4 hour session,
 8, 2.5 hour sessions and
 2, 8 hour sessions TOH \$277/NR \$346
 407130.50

May 9 Sa 8am-12pm
May 11-14, 18-21 M-Th 7:30-10pm
May 16, 17 Sa, Su 8am-5pm

Lifeguard Training Class

Age 15 & up
 This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300-yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

1, 2 hour session and
 5, 8 hour sessions TOH \$277/NR \$346
March 28, 30-April 3
 407230.60 Sa 10am-12pm
 M-F 9am-5pm

Lifeguard Training Review Class

Age 15 & up
 For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass their course.

2, 8 hour sessions TOH \$125/NR \$156
March 28-29
 407230.61 Sa, Su 10am-6pm





WELLNESS

Gentle Yoga For Seniors Age 55 & up
Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 1 hour sessions TOH \$96/NR \$128
March 9-June 8 (No class 3/30, 5/25)
430040.10 M 2:30-3:30pm
March 11-June 3 (No class 4/1)
430040.30 W 2:30-3:30pm

Kundalini Yoga Age 16 & up
Kundalini Yoga is an ancient science of self-healing that use exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 1.5 hour sessions TOH \$108/NR \$144
March 9-June 1 (No class 5/25)
430130.10 M 7-8:30pm
March 12-June 4 (No class 5/21)
430130.40 Th 7-8:30pm

Hatha Yoga Age 16 & up
This is a great class for those with limited experience, as well as the yoga practitioner who is ready to explore their edge. Class explores individual limits with a focus on alignment, while building strength and increasing participants' comfort level.

12, 1.5 hour sessions TOH \$108/NR \$144
March 8-June 7 (No class 4/5, 5/24)
430230 Su 1-2:30pm

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday 6-7:15am



Meditation Age 16 & up
Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

12, 1 hour sessions TOH \$96/NR \$128
March 13-June 5 (No class 4/3)
431030.50 F 11:30am-12:30pm

Pilates Age 16 & up
Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 1 hour sessions TOH \$96/NR \$128
March 7-May 23
431130.60 Sa 10-11am
March 10-June 2 (No class 5/26)
431130.20 Tu 6:15-7:15pm

Toning Barre Age 16 & up
Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements the Booty Barre method, which is the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 1 hour sessions TOH \$108/NR \$144
March 9-June 1 (No class 5/25)
431131.10 M 8:15-9:15pm

Tai Chi & Qi-Gong Age 16 & up
Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week, participants will learn about the 8 pieces of Brocade (BaDuanJin), which is a popular form of Chinese medical Qi-Gong. These breathing exercises will warm up the body for the Tai Chi practice. During the Tai Chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

10, 1 hour sessions TOH \$135/NR \$180
March 13-May 22 (No class 4/3)
431330.50 F 10:15-11:15am

Yoga and Chakra Healings

Age 16 & up
Chakras influence cells, organs and the entire hormone system, which can affect one's thoughts and feelings. Learning how to work with our chakras enables us to promote harmony. Through the practice of yoga postures (asana) and breathing techniques (pranayama), we will explore our seven spirit chakras during this session. Through simple exercises, you can raise your level of energy and strengthen your powers of intuition. Activation of the chakras is a simple and effective method for healing body, mind and spirit. Come and try this new class and see how chakra energy works and enrich your life! Senior discount does not apply.

10, 1 hour sessions TOH \$135/NR \$180
March 13-May 22 (No class 4/3)
431331.50 F 9-10am



GROUP EXERCISE



- * Spring Class Schedule covers Monday, March 2 through Saturday, June 13.
- * Group Exercise classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 2 for details on becoming a pass holder.
- * Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.
- * Some classes may reach capacity or have limited specialty equipment available.
- * Please consult your doctor prior to starting any exercise program.
- * Group Exercise classes are designed for age 16 & up.
- * Please do not enter a class if arriving more than ten minutes past the scheduled start time.

Kid Care

FREE!

Take advantage of the free drop-off babysitting service, run by our friendly staff.

Morning:

Monday/Wednesday 9-11:30am
Tuesday/Thursday 9am-12pm

Evening:

Monday/Tuesday 5:30-8:15pm
Wednesday/Thursday 5-8pm
Friday 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:10-10:10am
(No class 5/25)

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

M 6-7am
(No class 5/25)

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast.

Sa 7:30-8:30am

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1pm

Fit-Mix

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind.

F 10:30-11:30am

LES MILLS
BODYPUMP™



BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total-body workout that burns lots of calories. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

BENEFITS OF BODYPUMP™

- Shape and tone your body
- Improve bone health
- Improve your core strength

JUST GETTING STARTED?

You can adjust a **BODYPUMP™** workout to your current fitness level:

- Start with light weights or even just a bar
- Build up from four or five tracks to a full class



M	6:40-7:40pm
Tu	7:30-8:30pm
W	6-7pm
F	12-1pm
Sa	8:45-9:45am



GROUP EXERCISE

Fit Moms

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring your children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! There are modifications for beginners and pregnant participants. At the end of class, children are invited to the floor for core work and stretching with Mom. No special stroller required as long as your child can sit in it for the cardio portion of class.

F 9:15-10:15am

Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises—with and without hand weights—you will drive your cardio fitness to new and greater levels. *Participants can expect a regular dose of jumping, plyometrics and quick transitions from standing exercises down to the floor with each class.

F 9:30-10:15am

Strength & Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels.

Tu/Th 11am-12pm

Total Body Energizer

Get a fun total-body workout with emphasis on combination and functional movements. You will work all major muscle groups from head to toe using weights, bars, balls and bands. Appropriate for those looking for a challenging workout!

Su 9-10am
(No class 4/5, 5/31)

ZUMBA Fitness Party!

Come and celebrate with us! Join our team of Herndon Community Center Zumba instructors as we celebrate life, Zumba, movement and music! All your favorite Zumba moves and grooves, and all your favorite Zumba instructors, together for one great night of fun! Refreshments, door prizes and a whole lot of dancing!

1, 90 minute session TOH \$15/NR \$15
March 20 426830.50 F 7:30-9pm



ZUMBA

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Benefits: A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



Monday: 5:30-6:30pm and 6:45-7:45pm (No class 5/25)
Tuesday: 6-7am, 5:30-6:30pm and 8:10-9:10pm
Wednesday: 5-6pm and 7:10-8:10pm
Thursday: 6-7am and 5:30-6:30pm
Friday: 5:30-6:30pm
Saturday: 11:45am-12:45pm
Sunday: 9-10am (No class 4/5, 5/31)

SPRING 2015 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Body Tone	6-7am ZUMBA		6-7am ZUMBA		7:30-8:30am Cardio Blast
9-10am ZUMBA	9:10-10:10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	9:10-10:10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	9:15-10:15am Fit Moms	
9-10am Total Body Energizer		11am-12pm Strength & Sculpt		11am-12pm Strength & Sculpt	9:30-10:15am Pure Cardio	8:45-9:45am BODY PUMP™
11am-12pm Hoop Dance*		12-1pm Dancercise*		12-1pm Dancercise*	10:30-11:30am Fit-Mix	11:45am-12:45pm ZUMBA
		12:15-1pm Core Challenge		12:15-1pm Core Challenge	12-1pm BODY PUMP™	
	5:30-6:30pm ZUMBA	5:30-6:30pm ZUMBA	5-6pm ZUMBA	5:30-6:30pm ZUMBA	5:30-6:30pm ZUMBA	
	6:40-7:40pm BODY PUMP™		6-7pm BODY PUMP™			
	6:45-7:45pm ZUMBA	7:30-8:30pm BODY PUMP™	7:10-8:10pm ZUMBA	6:45-7:45pm Hoop Dance*		
		8:10-9:10pm ZUMBA				

Drop-in
classes pay
general
admission

*Classes not included with daily admission.

FITNESS



Please note: Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

NOL Indicates No Online Registration available.

The Training Studio

Experience a workout environment like no other! Our training studio is a semi-private, dedicated workout space for our Small Group classes and Personal Training sessions. The space includes a customized rubber gym floor, TRX Suspension Training, and the latest in fun workout tools like Kettlebells, Medicine Balls, Battle Ropes and more—all of which will help us boost your workout and your results! The Studio is open only to those enrolled in Personal Training or the Small Group classes listed below:

Balance Training Age 45 & up

Balance is the key to fall prevention, performing our “activities of daily living” well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance-specific exercises.

14, 45 minute sessions TOH \$70/NR \$92
March 10-June 9
421730.20 Tu 10:30-11:15am

Cyclist Cross-Training Age 16 & up

Cycling enthusiasts—be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

5, 1 hour sessions TOH \$38/NR \$50
March 10-April 7
422850.20 Tu 5:30-6:30pm

Diabetes Stops Here!



Age 16 & up

Do you have a family history of diabetes or been diagnosed with pre-diabetes? Team up with Anu Kaur, Certified Wellness Coach and Registered Dietitian and one of our personal trainers, and stop or delay the onset of diabetes. Using nutrition science and coaching, mindful eating strategies and exercise, you will learn to control your weight, manage your blood sugar and make lifestyle changes in a meaningful and empowering way. Class structure includes nutrition coaching on Tuesday evening and Small Group Personal Training on Thursday evening.

14, 1 hour sessions TOH \$210/
NR \$280

March 10-June 11

423130.40

Nutrition Tu 6:30-7:30pm
Workout Th 6:30-7:30pm

Fit Boxing Age 16 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

14, 1 hour sessions TOH \$105/NR \$140
March 12-June 11
420330.40 Th 8:30-9:30pm

Fit-in-a-Flash for Women

Age 45 & up

Has your body thrown you a curveball that only women can understand? Maybe your workouts aren't having the same effect as they used to? Fit-in-a-Flash is a total-body-strength workout that will boost your metabolism and increase your body strength.

14, 1 hour sessions TOH \$105/NR \$140
March 10-June 9
420430.20 Tu 11:30am-12:30pm
March 12-June 11
420430.40 Th 11:30am-12:30pm

Flow Fusion Age 16 & up **NEW**

Flow Fusion is an amazing combination of strength training, mobility work, Pilates and yoga-inspired movements, guaranteed to make you sweat! Suitable for beginners, fitness enthusiasts and athletes alike.

14, 1 hour sessions TOH \$105/NR \$140
March 12-June 11
420130.30 Th 7:30-8:30pm

SPRING 2015 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:30am-2pm Adult Open Gym	11:30am-2pm Adult Open Gym	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	8-11am Adult Volleyball
	2:45-5:15pm Teen Open Gym	2:45-5:15pm Teen Open Gym	2:45-4:45pm Teen Open Gym	2:45-5:15pm Teen Open Gym	2:45-5:15pm Teen Open Gym	1-5pm Youth Open Gym
	8-10pm Adult Volleyball	7-10pm Adult Basketball		8-10pm Adult Badminton	7:30-10pm Adult Open Gym	

Friday evening open gym may be cancelled for events. Youth=17 years and under.
This schedule is subject to change - check monthly schedule.

See
Hoop Dance class
on page 28



FITNESS

Herndon Festival 5K/10K Training

Age 16 & up



**The Herndon Festival
5K/10K race
takes place on
Sunday, May 31st,
and your training starts now!**

Planning to run your first 5K? Want to take your running to the next level and go for the 10K? Or how about simply improving on your personal best at either race distance? We can help! Meet with a personal trainer/running coach weekly to work on your running technique, endurance base, proper form and core strength. Running portion will be held outdoors, so dress accordingly. Race registration for the Herndon Festival 5K/10K is included in cost of program.

12, 1 hour sessions TOH \$120/NR \$150
March 7-May 23
427230.60 Sa 8:30-9:30am
5K Training
427230.61 Sa 9:45-10:45am
10K Training

Intervals for Weight Loss Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class.

13, 1 hour sessions TOH \$98/NR \$130
March 9-June 8 (No class 5/25)
420530.10 M 6:30-7:30pm

14, 1 hour sessions TOH \$105/NR \$140
March 11-June 10
420530.30 W 6:30-7:30pm
March 13-June 12
420530.50 F 6-7pm

Not Your Average Bootcamp **NEW**

Age 16 & up

Most people don't think of bootcamp as creative and fun, but this is not your average bootcamp. This indoor class casts aside traditional bootcamp formats, challenging you to take your fitness to a new level. Modifications provided as needed.

14, 1 hour sessions TOH \$105/NR \$140
March 12-June 11
420630.40 Th 5:30-6:30pm

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. This 50-minute workout will give you enough time to get in and out, but will challenge you while you're here.

13, 50 minute sessions TOH \$85/NR \$111
March 9-June 8 (No class 5/25)
420730.10 M 12:05-12:55pm

14, 50 minute sessions TOH \$91/NR \$119
March 11-June 10
420730.30 W 12:05-12:55pm

Shape Up for Women Age 16 & up

Come shape up and get toned with our 60-minute workout just for women. Our trainers know what it takes to tone a woman's body, so expect results. We'll combine cardio and strength exercises to get a complete workout, with abs and stretching at the end.

13, 1 hour sessions TOH \$98/NR \$130
March 9-June 8 (No class 5/25)
420930.11 M 10:30-11:30am

14, 1 hour sessions TOH \$105/NR \$140
March 11-June 10
420930.30 W 6:15-7:15am
420930.31 W 10:30-11:30am
March 13-June 12
420930.50 F 6:15-7:15am
420930.51 F 10:30-11:30am

Fitness Room Orientation **FREE!** **NOL**

Age 16 & up

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Available to new passholders only. Contact the Head Trainer at 703-435-6800 x2132 to schedule an appointment (subject to availability).

Small Group Personal Training for Teachers Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Not only a great value, but is conveniently scheduled after school.

8, 1 hour sessions TOH \$60/NR \$80
April 13-June 8
422530.11 M 4:30-5:30pm

13, 1 hour sessions TOH \$98/NR \$130
March 11-June 10 (No class 4/1, 5/25)
422530.31 W 4-5pm

Teen Fitness Orientation **FREE!** **NOL**

Age 12-15

Orientation for teens age 12-15 will provide youth with a Fitness ID to allow access to the fitness room. This allows youth to exercise in accordance with standard fitness room policies and admission rates. By appointment only. Contact the Head Trainer at 703-435-6800 x2132 to schedule (subject to availability).

The Big Downsize **NEW**

Age 16 & up

Are you extremely overweight and self-conscious about coming to the gym? The Big Downsize has been designed especially for men and women with a BMI greater than 30 (or more than 50 pounds to lose) with special consideration to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out—such as exercising in public and getting up and down off the floor. Class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

13, 1 hour sessions TOH \$111/NR \$130
March 9-June 8 (No class 5/25)
420230.10 M 7:30-8:30pm



FITNESS



Strength Circuit Age 45 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

13, 45 minute sessions TOH \$65/NR \$85
March 9-June 8 (No class 5/25)
 421940.10 M 9:30-10:15am

14, 45 minute sessions TOH \$70/NR \$91
March 12-June 11
 421940.40 Th 9:30-10:15am

Stretch, Core and More Age 16 & up

For many of us, stretching is an afterthought and our "abs" work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate "functional training" core work, stretching elements from yoga, sport performance, and other muscle tone and lengthening exercises.

14, 50 minute sessions TOH \$91/NR \$119
March 12-June 11
 421230.40 Th 7-7:50am

Teen Personal Training:

Intro to Strength Training Age 12-15
 Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID, which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). Please contact the Head Fitness Trainer to schedule at **703-435-6800 x2132**.

6, 45 minute sessions TOH \$172/NR \$230

Turn Back the Clock Age 45 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

13, 45 minute sessions TOH \$65/NR \$85
March 9-June 8 (No class 5/25)
 421830.10 M 8:30-9:15am

14, 45 minute sessions TOH \$70/NR \$91
March 11-June 10
 421830.30 W 9:30-10:15am
 421830.31 W 8:45-9:30am

Tennis Fitness Training Age 16 & up

Are you working on your tennis game? Don't forget the most important aspect—the condition of your body! This class will help you develop the strength, agility, speed, and endurance needed to complement your technical skills on the court. Cover more of the court and get to balls you might not otherwise reach; add speed and power to your serve; recover your position more quickly to keep volleys alive. Best of all, you'll be able to stay healthy and stay out on the court!

13, 1 hour sessions TOH \$98/NR \$130
March 9-June 8 (No class 5/25)
 422950.10 M 2:30-3:30pm

TRX Suspension Training

Age 16 & up

In only 30 minutes, blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full-body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had. Warm-up 15 minutes prior to class.

14, 30 minute sessions TOH \$91/NR \$119
March 10-June 9

422430.22 Tu 6:30-7pm
 422430.23 Tu 7-7:30pm

March 13-June 12
 422430.50 F 12:30-1pm

Personal Training Age 14 & up NOL

For information or to schedule appointments, call our Head Personal Trainer at **703-435-6800 x2132**.

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you—so that you may reach your desired fitness goals!



Bryan Hamilton-Brown



Cynthia Strong



Lori Allred



Jeff Burden



Jane Grannis



Karen Tsitos



Tom Milenkevich

Personal Training Starter Pack*

30 minute sessions
 3 workouts TOH \$90/NR \$120

**New training clients only*

One-on-One Personal Training

30 minute sessions
 1 workout TOH \$33/NR \$41
 6 workouts TOH \$164/NR \$205
 10 workouts TOH \$222/NR \$278

45 minute sessions
 1 workout TOH \$43/NR \$54
 6 workouts TOH \$215/NR \$269
 10 workouts TOH \$317/NR \$397

Two-on-One Partner Training (Rates are per person)

45 minute sessions
 1 workout TOH \$27/NR \$34
 6 workouts TOH \$150/NR \$186
 10 workouts TOH \$230/NR \$290

INDOOR TENNIS/PARKS

INDOOR TENNIS 2015-16

Tennis Bubble Hours: Monday-Thursday: 6:30am-10:30pm; Friday, 6:30am-10pm;
Saturday & Sunday: 8am-10:30pm. Open Monday, September 21, 2015 through Sunday, April 16, 2016

Contract Season 2015-2016

April 14 TOH residents with current court time
April 27 TOH residents with no current court time and any individual with a current contract wishing to reserve the same time as 2014. TOH has priority.
May 11 Any individual with a current contract wishing to reserve a different time as 2014 and any other individual (NR) seeking contract time.

	CONTRACT TIME	RANDOM TIME*
Prime Time (after 5pm, Mon-Fri; Sat & Sun all day):		
Adult TOH Resident	\$25	\$28
Adult Non-Resident	\$33	\$36
Non-Prime Time (before 5pm weekdays):		
Adult TOH Resident	\$22	\$23
Adult Non-Resident	\$29	\$30
Youth/Senior TOH (a)	\$19	\$20
Youth/Senior Non-Resident (a)	\$23	\$24
(a) Youth = 17 and under		
(a) Senior = 65 and older		
Court cost is per hour		

Prime Time (after 5pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident

Adult Non-Resident

Non-Prime Time (before 5pm weekdays):

Adult TOH Resident

Adult Non-Resident

Youth/Senior TOH (a)

Youth/Senior Non-Resident (a)

(a) Youth = 17 and under

(a) Senior = 65 and older

*Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

Senior Doubles League

Registration for Session 1 (October-December) begins August 12 for TOH residents and August 18 for Non-Residents. Registration will be accepted at the Herndon Community Center and online. Registration for the Session 2 season begins December 2.

Early Bird, Men's and Women's Double Leagues

Registration for Session 1 league begins April 14. Registration for the January-April season begins December 2. Please call the Tennis Manager, Suzanna Swalboski at 703-435-6800 x2110 for more information.

Early Bird	M-F	6:30-9am	9/28-12/23
Men's Doubles	T	8:30-10:30pm	9/29-12/15 (3.0+)
Women's Doubles	W	9-11am	10/7-12/16 (2.5-3.5)

Additional Fee Information

Seasonal Contract Rates are applicable only when the contract period is taken for the full season. For more information, contact parksandrec@herndon-va.gov. The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court for resident rates.

Haley M. Smith Park Improvements

A whimsical, cheerful and engaging new playground arrives at Haley Smith Park this spring. With separate areas for 2-5 and 5-12 year olds, kids will discover lots of fun climbing, jumping, spinning, sliding and balance features, as well as a variety of swings. If you've missed it, this park also features two adult exercise pieces, so everyone can play. In addition, a new comfort station—that is, a permanent restroom facility—has been installed. Come welcome spring!



Town of Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
David A. Kirby, Councilmember
Steven Lee Mitchell, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Ann Marie Heiser, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Maddie Mogin, Office Assistant
Cynthia Hoftiezer, Projects Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Drew Kreutter, Pool Operations Manager
Bruce Andersen, HAC Head Coach
Kevin Breza, Aquatics Program Assistant
Ron Tillman, Community Center Manager
John Walsh, Assistant Community Center Manager
Suzanna Swalboski, Indoor Tennis Manager
Julie Foechterle, Preschool Director

Recreation Services Supervisors

Kimmie Alcorn, Special Interest, Arts & Crafts
Tom Milenkevich, Fitness
Holly Popple, Performing Arts & Community Events
Thomas Schoenauer, Wellness, Sports & Community Events
Dave Zakrzewski, Sports & Community Events

MARTIAL ARTS



Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics, including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning.

Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy.

Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden St., Herndon 20170. All other sessions will be held at the Herndon Community Center.

12, 30 minute sessions TOH \$108/NR \$144

March 13-June 5 (No class 4/3)

472000.50 F 6-6:30pm

472000.51 F 6:30-7pm

March 14-June 6 (No class 5/30)

472000.60 Sa 1:45-2:15pm

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him).

Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 1 hour sessions TOH \$72/NR \$96

March 11-June 3 (No class 4/1)

472110.40 W 6-7pm

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

14, 1 hour sessions TOH \$63/NR \$84

March 13-June 12

472250.50 F 7:05-8:05pm

Kendo Intro Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact david.zakrzewski@herndon-va.gov.

12, 1 hour sessions TOH \$36/NR \$48

March 8-June 14 (No class 4/5, 4/12, 5/31)

472450.01 Su 10-11am

Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia.

Anyone over 13, any skill level, is welcome. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

12, 1.5 hour sessions TOH \$54/NR \$72

March 8-June 14 (No class 4/5, 4/12, 5/31)

472550.50 Su 11:15am-12:45pm

March 11-May 27

472550.30 W 8:20-9:50pm

March 13-May 29

472550.51 F 8:15-9:45pm

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent. Due to the emphasis on inward focus, it has been referred to as a moving zen. Considered a complementary discipline to kendo.

Students of all skill and age levels are welcome. Gi, Hakama, Bokken or Iaito and approval from the instructor are required to join the class.

12, 1 hour sessions TOH \$39/NR \$52

March 8-June 14 (No class 4/5, 4/12, 5/31)

472650.01 Su 10-11am

Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour sessions TOH \$108/NR \$144

March 15-June 14 (No class 4/5, 5/24)

472750.01 Su 4-6pm

Jujitsu Age 13 & up

Jujitsu is an exceptionally effective martial art that is appropriate for a considerable range of applications, uses and abilities. It is a multifaceted art used by the military and law enforcement. It contains elements of nearly every fighting style system, yet not overwhelming to a novice. Jujitsu is practical, adaptable and fun.

12, 1 hour sessions TOH \$63/NR \$84

March 11-May 27

472950.01 W 6-7pm

Boot Camp for Women & Men

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability. Classes are sometimes held indoors in the event of inclement weather.

Locations: Check our updated listing on www.FIResults.com or call **1-877-62SHAPE (877-627-4273)**

for more information. Guaranteed Results!

Held outdoors at Herndon Community Center.





GYMNASTICS

Our program for boys and girls ages 2-12 prides itself on being able to offer a positive, safe and fun gymnastics learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement. If your child needs individual accommodations, please contact david.zakrzewski@herndonva.gov for more information.

Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute sessions TOH \$79/NR \$105

March 9-June 8 (No class 3/30, 5/25)

470000.10 M 9:30-10:15am

March 10-June 2 (No class 3/31)

470000.20 Tu 9:30-10:15am

March 12-June 4 (No class 4/2)

470000.40 Th 9:30-10:15am

March 14-June 13 (No class 4/4, 5/30)

470000.60 Sa 9-9:45am

Munchkateers 1

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

12, 45 minute sessions TOH \$79/NR \$105

Age 3-4

March 9-June 8 (No class 3/30, 5/25)

470100.10 M 10:30-11:15am

March 10-June 2 (No class 3/31)

470100.20 Tu 10:30-11:15am

March 12-June 4 (No class 4/2)

470100.40 Th 10:30-11:15am

March 14-June 13 (No class 4/4, 5/30)

470100.60 Sa 10-10:45am

470100.61 Sa 11-11:45am



Munchkateers 2

Age 4-5

March 9-June 8 (No class 3/30, 5/25)

470200.10 M 11:30am-12:15pm

March 10-June 2 (No class 3/31)

470200.20 Tu 11:30am-12:15pm

March 12-June 4 (No class 4/2)

470200.40 Th 11:30am-12:15pm

March 14-June 13 (No class 4/4, 5/30)

470200.60 Sa 12-12:45pm

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

12, 45 minute sessions TOH \$79/NR \$105

March 9-June 8 (No class 3/30, 5/25)

470310.11 M 4:15-5pm

March 10-June 2 (No class 3/31)

470310.20 Tu 4:15-5pm

March 12-June 4 (No class 4/2)

470310.40 Th 4:15-5pm

March 14-June 13 (No class 4/4, 5/30)

470310.60 Sa 1-1:45pm

USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

Level 1

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

Boys Age 5-8

12, 45 minute sessions TOH \$79/NR \$105

March 9-June 8 (No class 3/30, 5/25)

470410.11 M 4:15-5pm

March 10-June 2 (No class 3/31)

470410.21 Tu 4:15-5pm

Girls Age 6-12

12, 1.5 hour sessions TOH \$119/NR \$158

March 9-June 8 (No class 3/30, 5/25)

470410.10 M 5-6:30pm

470410.12 M 6:30-8pm

March 10-June 2 (No class 3/31)

470410.20 Tu 5-6:30pm

March 12-June 4 (No class 4/2)

470410.40 Th 5-6:30pm

March 14-June 13 (No class 4/4, 5/30)

470410.60 Sa 2-3:30pm

Level 2 Age 6-12

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

12, 1.5 hour sessions TOH \$119/NR \$158

March 9-June 8 (No class 3/30, 5/25)

470510.10 M 5-6:30pm

470510.11 M 6:30-8pm

March 10-June 2 (No class 3/31)

470510.20 Tu 5-6:30pm

March 12-June 4 (No class 4/2)

470510.40 Th 5-6:30pm

470510.41 Th 6:30-8pm

March 14-June 13 (No class 4/4, 5/30)

470510.60 Sa 2-3:30pm

Level 3 Age 6-12

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

12, 1.5 hour sessions TOH \$119/NR \$158

March 9-June 8 (No class 3/30, 5/25)

470610.10 M 5-6:30pm

470610.11 M 6:30-8pm

March 10-June 2 (No class 3/31)

470610.20 Tu 5-6:30pm

March 12-June 4 (No class 4/2)

470610.40 Th 5-6:30pm

470610.41 Th 6:30-8pm

March 14-June 13 (No class 4/4, 5/30)

470610.60 Sa 2-3:30pm

DANCE



Whether you aspire to become a professional dancer or you just want to improve your coordination, get some exercise, or have some fun, there's something for everyone in the Parks and Recreation Department's dance program. The dance program offers complete training in a wide variety of dance disciplines and related movement for children, aged two years and up, beginners through advanced levels. All of our instructors are fully qualified professionals, possessing many years of teaching experience. All teachers are dedicated to creating a truly caring environment for the younger child and a more challenging curriculum for older students. Dancing is a great way for people of all ages to get and stay in shape, while inspiring a sense of well-being. From our tiniest ballerina to our belly dancers, dancing helps build flexibility, strength and endurance, and contributes to a positive outlook.

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute sessions TOH \$82/NR \$109

March 7-May 30 (No class 4/4)

441100.61 Sa 9:30-10:15am

441100.62 Sa 4-4:45pm

March 9-June 8 (No class 3/30, 5/25)

441100.11 M 10-10:45am

March 11-June 3 (No class 4/1)

441100.31 W 10-10:45am

Story Time Pre-Ballet NEW

Age 3-6

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes of class, then the last 20 minutes of class we will exercise your child's imagination by reading a short story, equipping each child with a related prop and choosing special music to

go with each story. Dance performance held the last day of class for parents.

12, 1 hour sessions TOH \$82/NR \$109

March 9-June 8 (No class 3/30, 5/25)

441011.11 M 2:30-3:30pm

March 10-June 2 (No class 3/31)

441011.21 Tu 11am-12pm

441011.22 Tu 5-6pm

March 12-June 4 (No class 4/2)

441011.41 Th 11am-12pm

Ballet

Ballet helps build through its discipline a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance to be held for family and friends the last day of class. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute sessions TOH \$82/NR \$109

Beginner Age 3-5

March 7-May 30 (No class 4/4)

441210.61 Sa 10:15-11am

441210.62 Sa 1:30-2:15pm

March 9-June 8 (No class 3/30, 5/25)

441210.11 M 10:45-11:30am

March 10-June 2 (No class 3/31)

441210.21 Tu 10-10:45am

March 11-June 3 (No class 4/1)

441210.31 W 11-11:45am

Beginner/Intermediate Age 3-5

March 7-May 30 (No class 4/4)

441310.61 Sa 2:15-3pm

March 11-June 3 (No class 4/1)

441310.31 W 2-2:45pm

Intermediate Age 3-5

12, 45 minute sessions TOH \$82/NR \$109

March 7-May 30 (No class 4/4)

441410.61 Sa 11-11:45am

March 9-June 8 (No class 3/30, 5/25)

441410.11 M 11:30am-12:15pm

Advanced Age 4-6

March 7-May 30 (No class 4/4)

441610.62 Sa 11:45am-12:30pm

Ballet/Tap/Jazz Age 6-10

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap

portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 1 hour sessions TOH \$82/NR \$109

March 7-May 30 (No class 4/4)

442610.61 Sa 3-4pm

Combination Dance

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm, offering the student experience in tap, ballet and tumbling techniques.

12, 1 hour sessions TOH \$82/NR \$109

Beginner Age 3-5

March 7-May 30 (No class 4/4)

444210.61 Sa 12:30-1:30pm

March 9-June 8 (No class 3/30, 5/25)

444210.11 M 12:15-1:15pm

March 11-June 3 (No class 4/1)

444210.31 W 12-1pm

March 12-June 4 (No class 4/2)

444210.41 Th 10-11am

Intermediate/Advanced Age 4-6

March 9-June 8 (No class 3/30, 5/25)

444310.11 M 1:15-2:15pm

444310.12 M 4-5pm

Hip-Hop

Fun and upbeat style of dance focusing on coordination and strength. Hip-Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 1 hour sessions TOH \$82/NR \$109

Beginner Age 4-6

March 12-June 4 (No class 4/2)

445310.41 Th 4:30-5:30pm

Intermediate Age 6-8

March 9-June 8 (No class 3/30, 5/25)

445410.11 M 5-6pm

March 12-June 4 (No class 4/2)

445410.41 Th 5:30-6:30pm

Intermediate/Advanced Age 8-12

March 7-May 30 (No class 4/4)

445510.61 Sa 4:45-5:45pm

March 11-June 3 (No class 4/1)

445510.31 W 5-6pm



DANCE

Urban Hip-Hop NEW Age 10 & up

Class focuses more on the styles that have evolved as part of the Hip-Hop culture to include Breaking, Locking and Popping. While our other hip-hop classes are based on jazz technique with hip-hop influences, our new Urban Hip-Hop class, taught by Mr. Pop-A-Dok, will have movement with an emphasis on rhythm and coordination, isolation, footwork, transitions, formations and street dance choreography.

12, 1 hour sessions TOH \$82/NR \$109
March 12-June 4 (No class 4/2)
 445311.41 Th 6:30-7:30pm

ADULT

Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 1.5 hour sessions TOH \$122/NR \$168
March 10-June 2 (No class 3/31)
 441230.21 Tu 6:30-8pm

Swing Dance Age 16 & up

Learn to jump, jive and wail by learning the triple and single East Coast swing. No experience needed.

12, 1 hour sessions TOH \$82/NR \$109
March 11-June 3 (No class 4/1)
 441130.31 W 6-7pm

Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing, and waltz. Class will also cover the novelty dances Macarena and the electric slide. Next time you go to a wedding or a party, you will know just what to do!

12, 1 hour sessions TOH \$82/NR \$109
March 11-June 3 (No class 4/1)
 441231.31 W 7-8pm

Belly Dance Age 16 & up

A fun, low-impact cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture.

12, 1 hour sessions TOH \$82/NR \$109
March 9-June 8 (No class 3/30, 5/25)
 443230.11 M 6-7pm

Belly Dance Choreography

Age 16 & up NEW

For students who have completed Belly Dance 1 and 2 or were cleared by the teacher. You have a good grasp on travel steps and basic belly dance moves. Now let's tie them all together and learn some choreography. Ballet flats/dance shoes are recommended for students with sensitive feet.

12, 1 hour sessions TOH \$82/NR \$109
March 9-June 8 (No class 3/30, 5/25)
 443231.11 M 7-8pm

Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 1 hour sessions TOH \$164/NR \$218
March 10-June 4 (No class 3/31, 4/2)
 444030.21 Tu/Th 12-1pm

Private Dance Lessons Age 16 & up

Do you and your partner want to take private dance lessons? Do you have a special event coming up? How about private dance lessons with our teacher, Rocio Silva. She can teach you and your partner any dance or style you want to learn. You are sure to look like a star next time you take to the floor! Call 703-435-6800 x2120 or e-mail holly.popple@herndon-va.gov to schedule your sessions.

4, 1 hour sessions \$275 a couple
 6, 1 hour sessions \$325 a couple
 8, 1 hour sessions \$425 a couple
 Wednesday, 8-9pm

Angelina Ballerina Story Book

Dance Camp Age 3-6

Storybook camp allows our youngest dancers to exercise their imaginations to the fullest, while exercising their balance and coordination through pre-ballet and basic tumbling. This multi-arts camp will include art projects and story time built around the popular ballet-dancing mouse, Angelina. Campers will go to the pool Tuesday and Thursday. On the last day of class, children will perform a dance for parents and friends. Send a snack and lunch daily. (No peanut products, please.)

5, 5 hour sessions TOH \$225/NR \$300
March 30-April 3
 480000.11 M-F 9am-2pm

**CELEBRATING
MADE EASY**

Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Featuring:
 • swimming, play zone or sports parties; private party room; options for drinks, balloons, cake, pizza and more.
 • **Call or visit our webpage** for more information on our party packages.



SPECIAL EVENTS



Easter Egg Hunt

Saturday, April 4

Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning. Games, arts and crafts, and music will begin at 9:30am, along with a photo opportunity with the Easter Bunny. Registration is \$9 and is available online or on day of event. Cash or check accepted; no credit cards on day of event. Event takes place at 777 Lynn Street behind the Herndon Municipal Building. Parking is available at the various parking areas in downtown Herndon. Event held rain or shine.

Egg Hunt Times

Age	Time	Activity Code
5-7	9:30am	454500.61
3-4	10:15am	454500.62
Walking-2	11am	454500.63

Reminders to make the event enjoyable:

- Age group hunts start on time.
- Plan to arrive 10 minutes prior to your child's egg hunt start time. We encourage you to arrive on time as children will not be allowed to participate outside their age group.
- Children are only permitted to participate in their respective age group.
- One parent/guardian or one sibling allowed to provide assistance in the walking-2 years egg hunt area.
- Don't forget a basket or bag to collect eggs.

Aqua Egg Hunt

Join us for our Fifth Annual Aqua Egg Hunt! Children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize! Please be aware of the group selected when registering, and arrive early to sign in and receive your egg collecting bag. After the hunt, families may stay for open swim, which will begin approximately at 4pm. Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years and under must be accompanied by a parent in the water. Each group is limited to 30 children. Online registration is available until 8am on March 28. After that time, all registrations must be completed at the front desk.

\$10 includes one parent and one child.

March 28

Age 6 and under

409210.60 Sa 1:30-1:40pm

409210.61 Sa 1:50-2pm

409210.62 Sa 2:10-2:20pm

Age 7-8

409210.63 Sa 2:30-2:40pm

409210.64 Sa 2:50-3pm

Age 9-10

409210.65 Sa 3:10-3:20pm

Age 11-12

409210.66 Sa 3:30-3:40pm

Age 13-16

409210.67 Sa 3:50-4pm

Dive-In Movie

Bring your favorite floats and lounge in the pool while you watch *BIG HERO 6*.

An event for the entire family.

Friday, April 24 at 7pm.
General admission fee.

Ice Breaker 5K

Sunday, March 1st at 8am

Join us for the First Annual Ice Breaker Family Fun Run 5K. Let's put winter behind us and get active outside and prepare for the spring with this family-friendly run. The 5K course will take you through a scenic section of Herndon around the Herndon Parkway and Sugarland Run Trail. The race start and finish line will be at Northwest Federal Credit Union, located at 200 Spring Street in Herndon, VA. Parking will be available on site.

Pre-registration

(ends 2/27 at 12pm)

\$20 357150.00

Regular Registration

(2/28 & 3/1)

Adults \$25

Youth age 18 & under \$20

Packet pick-up:

Saturday, February 28, 2-4pm at

Herndon Community Center.

Sunday, March 1, 7-7:45am at Northwest Federal Credit

Union, 200 Spring Street, Herndon, VA 20170.



SPECIAL EVENTS

Kids Trout Fishing Derby

Age 2-15

Start an annual family tradition and join us for this special day! Many families experienced a relaxing and successful day catching their first fish last year at this event. Limited fishing poles and bait are available for use. In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals. All kids MUST be accompanied by an adult.

Event meets behind the Herndon Police Station on Sugarland Run Trail. Teens and adults, age 16 & up, MUST have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. See staff for dates and times of extended fishing hours.

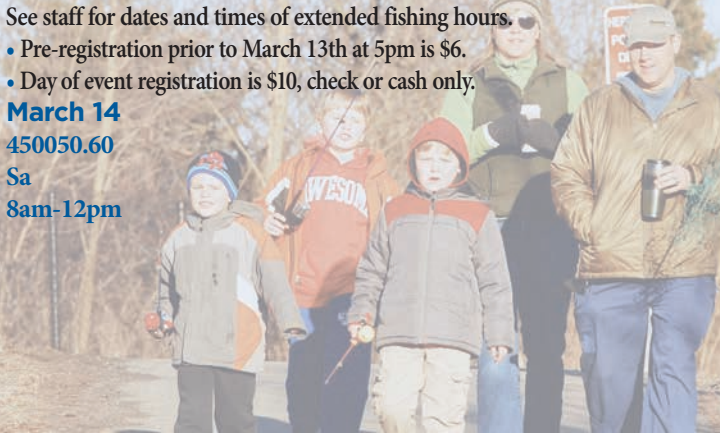
- Pre-registration prior to March 13th at 5pm is \$6.
- Day of event registration is \$10, check or cash only.

March 14

450050.60

Sa

8am-12pm



27th Annual Runnymede Park and Sugarland Run Cleanup

Saturday, March 28
(Rain date April 12)
8am-12pm

Sponsored by the
Friends of Runnymede Park,
Town of Herndon Parks and Recreation and
Community Development Departments.
Choose between stream clean-up or native plant
garden assignments. Meet at the main entrance at
Runnymede Park. Bring work gloves and wear
suitable clothing. To volunteer individually
as an individual or group, contact the
Town Forester at 703-435-6800 x2014.



Come join the Towne Square Singers at our next concert, *Poetry in Motion*, to not only experience beautiful choral music, but hear a dazzling array of poems written by great masters. This program will explore the poetry as simply the expert manipulation of language, then as the text set to music crafted by composers of renown. The juxtaposition will allow the listener to truly experience the subtleties of lyrics, and we hope to see you there!

Industrial Strength Theatre,
269 Sunset Park Drive, Herndon.
Tickets are available to purchase by credit card by calling
the Herndon Community Center at **703-787-7300**
or in person at the HCC.
If purchased by phone, the tickets will be mailed.

Saturday, June 27 7:30-9pm
Sunday, June 28 2-3:30pm
Tickets \$12

ZUMBA Fitness Party!

Come and celebrate with us! Join our team of Herndon Community Center Zumba instructors as we celebrate life, Zumba, movement and music! All your favorite Zumba moves and grooves, and all your favorite Zumba instructors, together for one great night of fun! Refreshments, door prizes and a whole lot of dancing!

1, 90 minute session TOH \$15/NR \$15

March 20

426830.50

F

7:30-9pm

OUTDOOR TENNIS



Youth

Pee Wee Age 4-5

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 30 minute sessions TOH \$49/NR \$65

April 7-30

471000.20	Tu/Th	4-4:30pm
471000.21	Tu/Th	4:30-5pm

May 12-June 4

471000.22	Tu/Th	4-4:30pm
471000.23	Tu/Th	4:30-5pm

Beginner Age 6-8

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 45 minute sessions TOH \$68/NR \$90

April 7-30

471110.20	Tu/Th	5-5:45pm
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April 11-June 6 (No class 5/23)

471110.60	Sa	9-9:45am
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May 12-June 4

471110.21	Tu/Th	5-5:45pm
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Advanced Beginner Age 6-8

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 45 minute sessions TOH \$68/NR \$90

April 6-29

471111.10	M/W	5-5:45pm
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April 7-30

471111.20	Tu/Th	5-5:45pm
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April 11-June 6 (No class 5/23)

471111.60	Sa	10-10:45am
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May 11-June 8 (No class 5/25)

471111.11	M/W	5-5:45pm
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May 12-June 4

471111.21	Tu/Th	5-5:45pm
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Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

April 7-30

471210.20	Tu/Th	6-7pm
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April 11-June 6 (No class 5/23)

471210.60	Sa	11am-12pm
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May 12-June 4

471210.21	Tu/Th	6-7pm
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Advanced Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471211.10	M/W	6-7pm
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April 7-30

471211.20	Tu/Th	6-7pm
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May 11-June 8 (No class 5/25)

471211.11	M/W	6-7pm
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May 12-June 4

471211.21	Tu/Th	6-7pm
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Intermediate Age 11-15

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471213.10	M/W	7-8pm
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April 11-June 6 (No class 5/23)

471213.60	Sa	11am-12pm
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May 11-June 8 (No class 5/23)

471213.11	M/W	7-8pm
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Advanced Age 12-15

8, 1 hour sessions TOH \$68/NR \$90

April 7-30

471214.20	Tu/Th	7-8pm
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May 12-June 4

471214.21	Tu/Th	7-8pm
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High School Age 14-17

8, 1 hour sessions TOH \$68/NR \$90

April 11-June 6 (No class 5/23)

471315.20	Sa	12-1pm
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Adult

Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471530.10	M/W	6-7pm
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April 11-June 6 (No class 5/23)

471530.60	Sa	8-9am
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May 11-June 8 (No class 5/25)

471530.11	M/W	6-7pm
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Advanced/Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471531.10	M/W	7-8pm
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April 11-June 6 (No class 5/23)

471531.60	Sa	9-10am
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May 11-June 8 (No class 5/25)

471531.11	M/W	7-8pm
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Intermediate Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471532.10	M/W	8-9pm
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April 11-June 6 (No class 5/23)

471532.60	Sa	10-11am
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May 11-June 8 (No class 5/25)

471532.11	M/W	8-9pm
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Advanced Beginner/Intermediate

Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471535.10	M/W	9-10am
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May 11-June 8 (No class 5/25)

471535.11	M/W	9-10am
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Advanced

8, 1 hour sessions TOH \$68/NR \$90

April 7-30 (Players level 3.5-4.0)

471214.20	Tu/Th	7-8pm
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April 7-30 (Players 4.0+)

471214.21	Tu/Th	8-9pm
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Doubles Form & Strategy

8, 1 hour sessions TOH \$68/NR \$90

April 6-29

471534.10	M/W	10-11am
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May 11-June 8 (No class 5/25)

471534.11	M/W	10-11am
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NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally, but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

Outdoor Weather Policy

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for make-ups by the program supervisor. Call 703-435-6866.

SPRING BREAK CAMPS

Spring Break Camp Age 6-10

Just what a parent needs when school is out for spring break! Everyone will experience crafts, sports, games and indoor swimming. There is sure to be something to please every child. Please wear appropriate clothing for these activities and bring a full lunch with a snack and water each day.

5, 10.5 hour sessions TOH \$113/NR \$150

March 30-April 3

480110.11 M-F 7:30am-6pm



Angelina Ballerina Story Book

Dance Camp Age 3-6

Storybook camp allows our youngest dancers to exercise their imaginations to the fullest, while exercising their balance and coordination through pre-ballet and basic tumbling. This multi-arts camp will include art projects and story time built around the popular ballet-dancing mouse, Angelina. Campers will go to the pool Tuesday and Thursday. On the last day of class, children will perform a dance for parents and friends. Send a snack and lunch daily. (No peanut products, please.)

5, 5 hour sessions TOH \$225/NR \$300

March 30-April 3

480000.11 M-F 9am-2pm

Traveling Teens Camp Age 12-17

Do not let your spring break go to waste—experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch, bathing suit and towel each day.

1, 8.5 hour session

8:30am-5pm

Flight Trampoline

March 30

480020.10 M TOH \$35/NR \$35

Spy Museum

March 31

480020.20 Tu TOH \$45/NR \$45

Paint Ball

April 1

480020.30 W TOH \$70/NR \$70

Bowling

April 2

480020.40 Th TOH \$35/NR \$35

Laser Tag

April 3

480020.50 F TOH \$45/NR \$45

Acro/Gymnastics Camp Age 6-13

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Bring a lunch, snack and a large T-shirt for crafts.

5, 6 hour sessions TOH \$135/NR \$180

March 30-April 3

488310.10 M-F 9am-3pm

Extended Care Acro/Gymnastics Camp

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Extended Care will only be available for the 9am-3pm gymnastics camp. We will not be offering before care. Care is provided by spring break day camp staff at HCC and participants will join the day camp program already in progress. A Camper Information Form must be completed to attend. Please provide an extra snack and drink.

5, 3 hour sessions TOH \$48/NR \$48

March 30-April 3

488310.11 M-F 3-6pm

Tennis Camp Age 9-12

This is a great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on- and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring a snack, lunch and bathing suit every day in case of inclement weather during the session. Other sport activities such as racquetball, wallyball, swimming and table tennis will be included.

5, 7 hour sessions TOH \$169/NR \$225

March 30-April 3

488610.10 M-F 8:30am-3:30pm

Extended Care Tennis Camp

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Extended Care will only be available for the 8:30am-3:30pm tennis camp. We will not be offering before care. Care is provided by spring break day camp staff at HCC and participants will join the day camp program already in progress. A Camper Information Form must be completed to attend. Please provide an extra snack and drink.

5, 2.5 hour sessions TOH \$48/NR \$48

March 30-April 3

488610.11 M-F 3:30-6pm



SPRING BREAK CAMPS/SPORTS



Pre-Engineering with Legos Age 5-7

Let your imagination run wild with over 100,000 pieces of Lego! Participants will learn building techniques and turn their ideas into reality with the guidance of a Play-Well TEKnologies instructor. Please bring a snack/drink each day.

4, 3 hour sessions TOH \$101/NR \$135
March 30-April 2
 480010.01 M-Th 9am-12pm



Basketball Camp Age 7-12

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes.

5, 1.5 hour sessions TOH \$60/NR \$80
March 30-April 3
 487210.10 M-F 10:35am-12:05pm

Multi-Sports Camp Age 2.5-5

Amazing Athletes provides a unique, tried and proven, fun-filled sports program that incorporates physical fitness, muscle tone, and gross motor skills, while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse. A fun and positive learning experience that will help your child develop the basic fundamentals of sports, as well as instilling self-confidence, good sportsmanship and team pride.

5, 30 minute sessions TOH \$29/NR \$38
March 30-April 3

Age 2.5-3

487510.10 M-F 9-9:30am

5, 45 minute sessions TOH \$45/NR \$60
March 30-April 3

Age 4-6

487510.11 M-F 9:40-10:25am

Happy Feet Soccer

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute sessions TOH \$48/NR \$64
March 14-May 2

Age 2-3

473000.52 Sa 9:20-9:50am

473000.53 Sa 9:55-10:25am

473000.54 Sa 10:30-11am

Age 4-5

473000.55 Sa 11:10-11:40am

Golf for Kids

Learn the basics: putting, chipping and driving with modified equipment designed for kids. The equipment's Velcro construction allows for indoor play and immediate success for children of all ages. For more information, visit

www.snaggolf.com.

8, 45 minute sessions TOH \$48/NR \$64
March 15-May 17 (No class 4/5, 4/12)

Age 4-7

475010.10 Su 1:30-2:15pm

Age 7-11

475010.11 Su 2:15-3pm

Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute sessions TOH \$70/NR \$94
March 14-May 2
 473110.50 Sa 11:45am-12:30pm

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills, while they have fun playing the sport they love.

8, 1 hour sessions TOH \$75/NR \$100
March 13-May 8 (No class 4/3)
 476010.60 F 6:30-7:30pm

2015 Summer Camps

Over 30 camps offered
 in dance, sports, teens, preschool,
 technology, gymnastics, nature
 and a full-day camp.
 Schedule now available online or at the HCC.

SPECIAL INTEREST

Kid's Night Out Age 5-10

Take the night off while your child has some fun with their friends at our updated themed Kid's Night Out. Children will enjoy a pizza or sub dinner, watch a movie, and participate in games and other activities all incorporating that night's theme! Make sure your kids don't miss out on all the fun at our Kid's Night Out. This is not a drop-in program. Participants must be registered by 4pm on the day of the event.

1, 3.5 hour session TOH \$18/NR \$18

March Madness **March 6**

460010.50 F 6:30-10pm

Spring Forward **April 3**

460010.51 F 6:30-10pm

Rock On **May 8**

460010.52 F 6:30-10pm

Jr. Minecraft Age 6-9

Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Using a custom mod called "Computercraft," they will learn how to program robots called "Turtles" inside the world of Minecraft. They will utilize problem-solving skills by learning how to program their turtles to complete various tasks and objectives, to automatically dance, mine and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops and implement their own functions using Lua, simple scripting language. Basic reading skills required. Experience playing Minecraft preferred, but not required.

8, 1 hour sessions TOH \$178/NR \$238

April 11-May 30

460020.60 Sa 9-10am

Minecraft Modding Age 9-14

Learn how to create and texture your own blocks and items using the popular game Minecraft. You will be introduced to very simple Java code, and learn how to create custom classes, manipulate code, and determine how each of your own items appear and behave. Create unique texture packs to use and modify at home. Improve your gameplay experience and create your own custom mods today!

8, 1 hour sessions TOH \$178/NR \$238

April 11-May 30

460020.61 Sa 10:15-11:15am

B.L.A.S.T. NEW

(Babysitters Lessons and Safety Training) Age 11-14

Jump ahead of other babysitters in your neighborhood! This course is provided through the American Academy of Pediatrics (AAP). It is highly interactive and energetic, with many necessary sitter skills and role play scenarios. It covers CPR, choking and first aid, but its focus is on sitter basics, injury prevention, safety, kid activities and getting the job. A colorful booklet and course certification card are provided. This course also meets merit badge requirements for babysitting for scouts.

1, 4 hour session TOH \$86/NR \$86

March 22

460051.71 Su 12-4pm

May 19

460051.21 Tu 5-9pm

Teen Responder NEW

Age 12 & up

Teenagers who may babysit or spend time with elderly grandparents should learn first aid and CPR in order to prepare for emergencies. This course provides first aid and CPR content geared specifically to teens. The course includes teen role play and scenarios and their own manikins for all training. This course is associated with the Emergency Care & Safety Institute and provides all training needed to meet merit badge requirements for scouts and provides course completion cards.

1, 3 hour session TOH \$60/NR \$60

March 7

460052.61 Sa 2-5pm

March 18

460052.31 W 5-8pm

Chess Age 6-11

The curriculum provided by Snow's Chess of Herndon builds logical and critical thinking, helps develop patience and concentration, and connects the students with the global historical evolution of chess strategy. In this beginner to intermediate class, the student will learn the basics of the game of chess, including but not limited to: parts of the chessboard; the rules of chess; how the chessmen move and capture; how to keep the score of a game; basic game strategy and

tactics; and guidelines for opening, middle and end gameplay.

8, 1.5 hour sessions TOH \$65/NR \$87

March 7-May 2 (No class 4/4, 4/19)

460100.61 Sa 11:30am-1pm

Kiddie Play Zone Age walking & up

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

12, 1 hour sessions TOH \$42/NR \$42

March 11-June 3 (No Class 4/1)

469800.30 W 10:30-11:30am

Pet First Aid Age 10 & up NEW

If your dog cut his paw on a hike, would you know how to stop the bleeding? If your cat started choking, would you know what to do? We love our pets. We want to protect them from harm, but when a pet emergency strikes, every minute counts. This course is associated with Pet Safety USA. It provides content and activities focused on routine pet care, pet injury prevention, personal safety, emergency pet care until you can reach a vet, and disaster preparation planning for your pets (dogs, cats and pocket pets). A course card is provided upon completion.

1, 3 hour session TOH \$60/NR \$60

March 21

460053.61 Sa 2-5pm

April 15

460053.31 W 6-9pm

Little Nature Inspectors Age 4-6

A hands-on approach to teaching environmental education to young children. Designed to increase children's imagination, curiosity and exposure to the natural world. Topics include Magnificent Mammals, Butterflies & Moths, and Terrific Turtles. Program meets at Runnymede Park.

3, 1 hour sessions TOH \$44/NR \$44

Th 4:30-5:30pm

Magnificent Mammals

460110.41 (4/9, 4/16, 4/23)

Butterflies & Moths

460110.42 (4/30, 5/7, 5/14)

Terrific Turtles

460110.43 (5/21, 5/28, 6/4)

SPECIAL INTEREST/ ARTS & CRAFTS



Thai Cooking NEW Age 18 & up

Do you ever dream of creating your favorite Thai dishes on your own? Have fun while learning to cook healthy delicious food. Now you can learn how to cook authentic Thai dishes from a native Thai chef. Thai cooking classes are a fun way to learn and experience the joy of cooking Thai food. On the second meeting of the class, we will visit a grocery store. Thai cooking instructor, Wan Lombardi, is originally from Bangkok. While living in Germany, she began to hold cooking classes and found that she truly enjoys teaching people about Thai food and culture.

3, 3 hour sessions TOH \$56/NR \$75
March 14-April 11 (No class 3/21, 4/4)
 460030.61 Sa 11am-2pm

CPR/AED and First Aid Age 14 & up
 American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

1, 6 hour session TOH \$95/NR \$95
March 8
 460050.71 Su 12-6pm
April 19
 460050.72 Su 12-6pm

Digital Photography Age 16 & up
 You will be shown what all the dials, buttons, switches and menu items on your digital camera do for you. Learn how to optimize your photographs, and archive them for storage and display. Also learn how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions TOH \$71/NR \$94
March 12-May 7 (No class 4/2)
 460130.41 Th 7-8:30pm

Hoop Dance Age 13 & up
 Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult-sized hoop or borrow/purchase one from the instructor.

8, 1 hour sessions TOH \$52/NR \$67
March 15-May 10 (No class 4/2)
 469930.70 Su 11am-12pm

10, 1 hour sessions TOH \$63/NR \$84
March 12-May 21 (No class 4/5)
 469930.40 Th 6:45-7:45pm

ARTS & CRAFTS

Kidz on Wheelz Age 10-13
 Explore your creativity while learning hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 1.5 hour sessions TOH \$90/NR \$120
March 18-April 29 (No class 4/1)
 410010.31 W 6:30-8pm

Beginning Wheel Age 16 & up
 Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.
 8, 2.5 hour sessions TOH \$141/NR \$188
March 16-May 11 (No class 3/30, 4/6, 4/20, 6/1)
 410150.11 M 6:30-9pm

Recreating a Masterpiece NEW

Age 18 & up
 Learn from Pamela Jarrett how to grid a canvas, draw the outline of your favorite painting and then paint it. By the end of this class, you will know how to mix oil colors, work with different mediums and successfully paint a 16" x 20" copy of Van Gogh's famous painting "Sunflowers." This is an exciting and challenging class. Beginners are welcome—no drawing or painting experience necessary. Supplies included.
 10, 1.5 hour sessions TOH \$113/NR \$150
March 12-May 21 (No class 4/2)
 410030.41 Th 6:30-8pm

Art in Hand

Creativity will blossom this Spring in this parent/child class specially designed for the youngest artists. Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by the colors and textures of the season. Our developmental approach will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. Most of all, you and your child can be creative, have fun and make the mess away from home!

12, 45 minute sessions TOH \$162/NR \$216
March 13-June 5 (No class 4/3)

Tots Age 1.5-3
 410400.50 F 10:15-11am

Preschoolers Age 2-6
 410400.51 F 11:15am-12pm
 (No class 4/3)



Meet

Pamela Jarrett - Art Instructor

Pamela Jarrett attended the Charles H. Cecil School of Portraiture in Florence, Italy and has been painting portraits and still life for the past 16 years. She is an active member of the Copyist's Program at the National Gallery of Art in Washington, D.C. Her website is www.pamelajarrett.com, where you can view her work.

Herndon Parks

Visit herndon-va.gov for a map of parks.

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Sept.-April, soccer field and a new play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball court, restrooms and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling 703-435-6800 x2134 or the Town Community Forester at 703-435-6800 x2014.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call 703-435-6800 x2014.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court, bocce court, and an open play area. Shelter is available for reservations.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering online at www.herndon-va.gov or by calling 703-787-7300 for more information.

Trailside/Runnymede Park

parties up to 70:

Town of Herndon Resident: \$50

Non-Resident: \$75

\$20 nonrefundable deposit

Bready Park

parties up to 140:

Town of Herndon Resident: \$100

Non-Resident: \$150

\$35 nonrefundable deposit

- Shelters are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

See Page 17 for Haley M. Smith Park Improvements



Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge
<ol style="list-style-type: none"> 1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met. 2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart. 3. All refunds are made by credit card or Town check depending on initial method of payment. 4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department. 5. No refunds or credit on account are given to those who have insufficient fund balances. 6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information. 7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away. 		

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Herndon Parks and Recreation Department

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: herndon-va.gov, and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 17.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, February 11. Open registration for Non-TOH residents will begin at 10am on Tuesday, February 17.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on February 11 for TOH residents, and 10am on February 17 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOL** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, February 11 for TOH residents; and 10am, February 17 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.



Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, February 11 at 10am.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 17 at 10am.**

PHONE: 703-787-7300

FAX: 703-318-8652

Spring 2015 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F	000000.00	Level 4	\$68	000000.00	000000.00
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation

P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**
P.O. Box 427
Herndon, VA 20172
herndon-va.gov

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Permit No. 280



A National Accredited Agency Since 2006

**ECRWSS
Residential Customer**

Historic Downtown Herndon – Comes Alive May 28-31, 2015



35 Years Celebrating Herndon

- Three Entertainment Stages
- Carnival
- Fireworks - Thurs & Sat
- 10k/5k Races & Fitness Expo
- Kid's Alley with Children's Hands-On Art Area
- Business Expo
- Arts & Crafts Vendors
- Food Vendors
- Free Shuttle Bus Service

**Free
Admission**



10K & 5K Races & Fitness Expo - Sunday, May 31, 2015

The 10K and 5K race courses take you through historic downtown Herndon during Herndon Festival weekend. Both courses are USATF certified. Awards are presented to the top two finishers from each age group from 10 & under to 70 & over.

Want to train but don't how to get started or maybe you want to improve your time? Check out page 15 for the Herndon Festival 10k/5k training class.

Our 2015 Headline Entertainment – Featuring music from the 80's, a nod to the first Festival

Thursday

Dueling Pianos Cutting Edge,
7:30-9:30pm

Leather and Lace, Stevie Nicks
/Fleetwood Mac Tribute,
7:15-9:30pm

Friday

Love Canon, 7:30-9:30pm

Ocho de Bastos, 7:30-9:30pm

Saturday

Tëaze, 100% Hair Metal,
7:30-9:30pm

Green River Ordinance,
8-9:30pm

Sunday –

a blast from
Herndon's
past

Gaelic Storm, 4-6pm

**Learn more at
HerndonFestival.net
or call 703-787-7300**



Easter Egg Hunt
Saturday, April 4
Herndon Municipal Center
777 Lynn Street

**Two
Egg-Tastic
Events**

See page 22 for details.

Aqua Egg Hunt
Saturday, March 28
Hunt for floating eggs
Open swim
after the event

